

Group Exercise Schedule SUMMER 2024

Effective as of June 16th, 2024 (replaces 4/1/24)

Time:	Mon	Tues	Weds	Thurs	Fri
6:00am	Yoga Sculpt (55) Heather A	Cycling (55) Cathy B		Cycling (55) Howard B	Barre (55) Heather C
7:00am	TPI GOLF (55) Dr. Jay A \$\$		Functional Pilates (55) Karen G. C		TPI GOLF (55) Dr. Jay A \$\$
7:15am		Muscle Mix (55) Cathy A		Muscle Mix (55) Cathy A	
8:00am	Functional Pilates (55) Karen G. C		Lean Stronger (55) Cathy A		Mat Pilates (55) Molly C
	Sets n Reps (55) Jason A		Beyond Barre (55) Marcella C		
8:15am				P90X (45) Bridget A	
8:30am		Stretch (30) Monica B. C		Stretch (30) Monica B. C	
9:00am	Yoga (55) Ashley C	YOGA (55) Suzi C		Yoga (55) Heather C	Yoga (55) Michelle A
	Cycle Camp (55) Jody B	Torture Time (55) Theresa A	Cycle Camp (55) Jody B	Sets n Reps (55) Theresa A	Cycling (55) Theresa B
9:15am			Tone it Out! (45) Jenn A		
9:30am	Tone it Out! (45) Jenn A				Turf Circuits (55) Jody Turf
10:00am			BOOTY BAND (30) Jenn A		
10:15am	Stretch/Meditation (45) Jenn A	3 in 1 Fitness (55) Linda C	Chair Yoga (55) Kim OBrien C	Begin To Spin (55) Linda B	Chair Yoga (45) Corinne P. C
10:30am			Functional Training Maryfran (55) A		Functional Training Maryfran (55) A
5:00pm		Sets n Reps (55) Sandra A			
		Barre (55) Ashley (C)	Youth BOXING (45) Mark (ages 8+) Turf	***BOXING is cancelled until July 10th. Will resume w/kids class at 5pm & adults at 6pm on July 10th.	
5:30pm	Cycle Camp (55) Cathy B				
6:00 pm			Mat Pilates (55) Cherry C		
		YOGA (55) Michelle A	Adult BOXING (55) Mark Turf		

WEEKEND CLASSES:

Time	Saturday	Sunday
7:00am	BEYOND BARRE (55) Marcella C	
8:00am	Cycling (55) Howard B	Cycling (55) Howard B
	Power Yoga (55) Anne Marie C	
	Kicks, Stix, Core & More (55) Jen S. A	Kettlebells & Core (55) Jen S. Turf
9:00am		Yoga (55) Michelle A

Location:

A = Upstairs Studio

B = Cycling Studio

C = Downstairs Studio

YELLOW represents a NEW Class, new instructor or new class time

(# of minutes)

\$\$ = additional fee

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3 in 1 Fitness: Flexibility+Balance+Strength. Work at your own pace & learn techniques to care for your body. Use of bands & light weights will be used.

BARRE - A workout blending elements from ballet, Pilates, and yoga.

BOOTY (&ab) BAND - Using resistance bands to activate your glutes and hips through lower body exercises. Focus on legs, glutes, hips & abs to develop a muscular, rounded shape.

BOXING – 45-min of Boxing Basics with intense intervals of cardio/strength training sprinkled in. Equipment provided but if you have gloves, bring them along!

BEYOND BARRE A mash-up of Mat Pilates & Strength training with a prominent Barre focus! This class will keep your body guessing and your muscles working with light weights!

CYCLING Reduce your body fat, lose weight, improve aerobic fitness, relieve stress...and have fun while pedaling to music!

CYCLE CAMP 30/30 cycling & strength bootcamp class! We will spin for 30-min then head into the Mind/Body studio for 30-minutes of nonstop strength training!

KETTLEBELLS & CORE: A mix of kettlebell strength exercises & core-specific work w/a solid pre & post stretch. Find out how much fun kettlebells can be in this 45-minute express class!

KICKS, STIX CORE & MORE! A mixture of cardio, weights, kickboxing & core exercises. A truly blended workout, using weights & Fit Stix for arms & legs w/ an extra focus on abs.

LEAN STRONGER; Build lean muscle & strength while improving body composition. Although this class is for all fitness levels, it will challenge everyone to push themselves to new levels.

FUNCTIONAL PILATES; Apply principle of Pilates and breath in execution of multiplanar, functional patterns of movements.

FUNCTIONAL TRAINING: Specific movements which apply to one's daily activities using dumbbells, strength bands, medicine balls to exercise through multiple planes of motion.

MUSCLE MIX: A total body “mix” workout for all!. High rep/light weights for endurance & low rep/heavier weights for increasing strength! Good-bye stubborn fat.....hello abs!

POWER YOGA: An all-level Vinyasa flow class moving through fast-paced traditional yoga poses and creative sun salutations fueled by music. The focus is on strength, mobility, breathwork & meditation.

P90X: HIIT training! A combo of resistance training, cardiovascular & flexibility training at a high intensity level on the turf!

SETS & REPS; This workout challenges all of your major muscle groups by using weights. Different format each class, (Tabata, counted sets, ladders) & always a great strength class!

STONE IT OUT: Total Body! Choreographed to music to keep the workout fun & the mind distracted. Intense cardio busts then high reps w/light weights to help tone the entire body.

TORTURE TIME: Anything goes in this total body non-stop workout including resistance training, intense cardio, endurance, agility and core. Get it all in one hour!

Turf Circuits; HIIT Training on the Turf! Try out our turf equipment and test your endurance with this fast paced circuit-style class, working cardio & full body strength throughout!

YOGA: A classic yoga class where the movements are connected to each other in a flowing manner, and linking movement with the breath is a primary focus. All levels welcome.

YOGA SCULPT: Incorporates hand weights & fast-paced Yoga poses; a max calorie-burner!

YOGA w/Chair Assist: Traditional yoga postures are practiced in both a sitting and standing position. Build & maintain strength, range of motion, flexibility & balance.